



Welcome to **Wellness Online** sponsored by UnitedHealthcare



November Health News

November is Diabetes Awareness Month

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20 Ways to Halt Pre-Diabetes in its Tracks

Learn how small changes in your daily routine can help ward off Type 2 diabetes.

Small changes, big rewards

Pre-diabetes and Type 2 diabetes can often be prevented. And it does not require a complete overhaul of your lifestyle. Research shows that reducing your body weight by 5 to 10 percent, or 10 to 20 pounds for someone who weighs 200 pounds, can cut your diabetes risk in half. Weight loss can also delay the onset of diabetes. The key to stopping Type 2 diabetes is to reach a healthy weight and to exercise regularly. The trick to long-lasting weight loss is a healthy diet and regular exercise.



Exercise

Work up to 150 minutes per week of moderate-intensity aerobic exercise at 50-70 percent of your target heart rate. If your doctor

approves, you should perform muscle-strengthening exercises twice weekly. Always check with your doctor before you start an exercise program.

1. Take a short, brisk walk before work, during your lunch break and after dinner.
2. Do squats while you brush your teeth.
3. Do sit-ups and push-ups during commercial breaks of TV shows.
4. Walk with friends in a nearby park.
5. Swim at your local gym or community pool. This is a great form of exercise for people with knee and other joint problems.
6. Gardening or yard work. Use a push mower to cut your lawn.
7. Instead of letting the dog out, walk him around the block.
8. Take the stairs instead of the escalator or elevator.
9. Walk over to your colleague's office instead of e-mailing or calling.

Eating right

Eat a diet rich in fruits and vegetables, whole grains, lean protein and low-fat and nonfat dairy. Try to limit foods high in saturated and trans fat, cholesterol, salt and added sugar.

10. Use a salad plate instead of a dinner plate for your meals.
11. Do not go back for seconds. Limit how often you eat at buffets or all-you-can-eat restaurants.
12. Fill half of your plate with fruits and vegetables. One quarter of your plate should be a carbohydrate, such as brown rice or a baked potato. The other quarter should be lean protein, like grilled fish or skinless chicken.
13. Eat breakfast. People who eat breakfast weigh less than those who skip the meal.
14. Have a snack. Keep healthy snacks on hand so you won't need to visit the vending machine.
15. Use nonfat milk in place of whole or 2 percent.
16. Request that your morning latte or mocha be made with nonfat milk.
17. Trade regular soda for diet. Better yet, choose water instead of sugary drinks.
18. Brown-bag your lunch instead of going out to lunch.
19. Have an appetizer as your meal or split an entrée.
20. Save eating out for special occasions and make dining at home a habit.

Diabetes Complications



How Diabetes Affects Your Whole Body

Learn why controlling your blood sugar is so important to keeping your whole body healthy, from head to toe.

Diabetes is a lifelong condition that requires constant care. If you do not manage your diabetes well, blood sugar can stay at unhealthy levels and can harm your body.

If insulin can't move sugar from your blood to your cells, your blood sugar levels will rise. Chronic high blood sugar levels take a toll on your body. You may face a host of health problems. Over time, diabetes that is not controlled can affect you from head to toe.

Some examples include:

Heart. Chronic high blood sugar levels can lead to fatty buildup in your blood vessels. This restricts blood flow and can cause blood vessels to harden. If a blood clot forms, a heart attack can occur.

Brain. As with blood vessels in the heart, chronic high blood sugar levels can affect blood vessels that carry blood to the brain. This can lead to a stroke. A stroke can cause permanent damage or death. Two out of three people with diabetes die of a stroke or heart disease. People with diabetes also are at a higher risk of developing dementia.

Eyes. Over time, uncontrolled diabetes can cause blood vessel damage throughout the body, including the eyes. The retina

contains tiny, fragile blood vessels. These blood vessels can swell, weaken and clog. This is called “diabetic retinopathy.” In some cases, this can lead to blindness. People with diabetes are also more likely to develop cataracts and glaucoma.

Mouth. Periodontal, or gum disease may be worse in people with diabetes.

Skin. Individuals with chronic high blood sugar levels are more at risk of developing skin conditions, such as infections.

Nerves. Chronic high blood sugar levels can damage nerves in the arms, legs and vital organs. This is called “diabetic neuropathy.” It can cause tingling, numbness or loss of feeling. It can be painful and lead to serious problems, such as infection or amputation. More than half of people with diabetes will have nerve damage.

Kidneys. Chronic high blood sugar levels can impair the blood vessels in the kidneys. Diabetes is the main cause of kidney failure.

Bladder. Uncontrolled diabetes can damage the nerves that control bladder function. More than half of men and women with diabetes have bladder problems.

Reproductive organs. Damage to nerves and blood vessels can lead to sexual problems. Men with uncontrolled diabetes are at risk for erectile dysfunction. Women can experience vaginal dryness, pain during sex or a reduced sexual response. Studies also have found lower testosterone levels in men with diabetes.

Legs. Blood vessel damage can lead to narrow or blocked arteries in the legs. This causes a painful condition called peripheral arterial disease (PAD). Not only does PAD cause leg discomfort, it is also dangerous because it increases one’s risk for heart attack and stroke.

Feet. People with uncontrolled diabetes often have nerve damage and poor blood circulation. Nerve damage can make you lose feeling in your feet. Poor circulation makes it difficult for blood to get to your feet to fight off infections. Sometimes, amputation is needed in cases of severe foot infections.

While the above list may seem alarming, keep in mind that many of these health issues can be prevented or minimized. The key is keeping careful control of your blood sugar levels. Partner with your doctor to develop a personalized plan that’s right for you.

Join the Great American Smoke-out

Whether you’re just thinking about kicking the habit or ready to choose a quit date, there’s no better time than now to join the Smoke-out.



In 1971, a high school guidance counselor in Massachusetts asked people to quit smoking for one day. He also asked them to donate the money they saved on cigarettes that day to a local college scholarship fund. In time, that small-town event grew into what is now known as the American Cancer Society’s Great American Smoke-out. The nationwide event is held the third Thursday every November.

An estimated 443,000 people die each year from smoking. About 38,000 of those who die are nonsmokers who have been exposed to secondhand smoke. If you smoke and have been trying to quit, why not join the Smoke-out? It’s one of the most successful one-day quit programs in the country. More people quit on this day than any other time of the year—including New Year’s Day. You could be one of them!

Tips for kicking the habit

If you’re ready to quit:

- **Set a date for quitting.** Take one day at a time, and set short-term goals.
- **Tell your family and friends about your plans.** You will need their encouragement when you feel the urge to light up. Having social support is one of the keys to quitting successfully.

- **To avoid temptation**, get rid of all cigarettes, lighters and ashtrays.
- **Talk to your doctor** about using a medication or nicotine replacement therapy as an alternative to quitting “cold turkey.”
- **When you first try to quit, change your routine.** If you usually light up during your morning coffee, then eat breakfast in a different place or drink tea instead of coffee.
- **When you quit and still get the urge to smoke, talk with someone, go for a walk, drink water or get busy with a task.** Reduce your stress by taking a hot bath, exercising or reading a book.



Better Health with Dr. Oz: Diabetes Prevention

Check out the video library on the Better Health with Dr. Oz section of the [uhc.com](http://www.uhc.com) website! In these short videos, best-selling author and host of The Dr. Oz Show, Dr. Mehmet Oz, provides practical, easy-to-follow advice on a variety of health topics. To view the program click here: <http://www.uhc.com/health-and-wellness/better-health-with-dr-oz>



Source4Women Online Seminars Eat to Control and Prevent Diabetes and Pre-diabetes

Kathleen Zelman, MPH, RD

November 10, 2015 – 12:30 p.m. ET, 11:30 a.m. CT, 10:30 a.m. MT, 9:30 a.m. PT

Whether you are newly diagnosed with diabetes, have had it for years or are trying to prevent it, this seminar is for you. Learn about the disease that affects 29 million Americans and an estimated 86 million who are pre-diabetic and may not even know it. Preventing and/or managing the disease is so important because diabetes is the leading

cause of blindness and kidney failure in adults, it increases risk for heart disease, can lead to circulation problems and is the 7th leading cause of death in the U.S. The good news is that Type 2 diabetes, the most common form, is largely preventable. This seminar will focus on the diet and lifestyle changes and tips that may help you prevent the onset of diabetes or manage the condition with greater success.

Protecting Your Health and Happiness while Caring for a Loved One

Jamie Huysman, PsyD, LCSW

November 17, 2015 – 12:30 p.m. ET, 11:30 a.m. CT, 10:30 a.m. MT, 9:30 a.m. PT

In the U.S. alone, more than 90 million people are fulfilling a vital role by helping to care for a family member. Caregiving touches almost every family, but often in very different ways – with different health conditions, different levels of need and even different cultures. Join us as we discuss the emotional, physical and financial toll caregiving can sometimes take. If you are a caregiver, learn how to “Take Your Oxygen First” to help avoid burnout and bring balance in your life while caring for a loved one.

To register for an upcoming Source4Women online seminar, visit www.Source4Women.com and click on "Online Seminars & Events." All seminars are recorded and archived for viewing after the live seminar date.

We Dare You!

November has officially started and that only means one thing: 3 brand new dares for you to try!

1. Watch our "Questions to Ask When Choosing Health Insurance" video and share your opinion!
2. Answer one of our "Health Care" quiz questions!

3. Play our Concentration game by matching the herbs and spices!

Complete one or more of these dares at <http://www.wedareyoutoshare.com/> to be entered for a chance to win a \$400 Visa gift card or a Ninja Ultimate Blender!



Health Tip

Check out the CDC Smoking and Tobacco Use website for Great American Smoke-out Activities (GASO) by clicking [here](#). You'll also find tools and resources for help with quitting tobacco for good!

And, did you know that you can more than double your chances of success with The American Cancer Society's Quitline? (1-800-227-2345) Counselors can connect you with smoking cessation programs in your community as well as support groups and Internet resources.

November Healthy Recipe: Pan Roasted Savory Brussels Sprouts

Ingredients

- 1 1/2 pounds Brussels sprouts, trimmed and halved
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- Freshly ground pepper
- 2 tablespoons cooked bacon, crumbled
- 1 tablespoons balsamic syrup
- 2 tablespoons finely grated parmesan cheese

Preparation

In a large bowl, toss Brussels sprouts, oil, salt and pepper. Spread mixture on an 11x7 inch baking sheet in a single layer. Roast in upper half of oven, stirring once after 15 minutes. Continue roasting until Brussels sprouts are browned and tender about 25-30 minutes total.

Transfer Brussels sprouts to serving dish, combine with bacon, drizzle with balsamic syrup and garnish with cheese.

Yield

6 servings



Nutritional Information per Serving

Calories: 118

Calories from fat: 55

Fat: 6g

Saturated Fat: 1g

Cholesterol: 1mg

Sodium: 231mg

Carbohydrate: 12g

Fiber: 4g

Sugars: 5g

Protein: 5g

Source: www.uhc.com

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